

Lapham (Eph.)

CAUSE AND EFFECT CURE.

Cause, Philosophy, and Cure of Typhoid and Typhus F E V E R,

Including Typhoid Enteritis, & other Complications,

ALSO THE PHILOSOPHY OF FEVERS IN GENERAL,

AND

HOW TO BREAK ANY FEVER IN 1 TO 5 DAYS,

INCLUDING

COMMON CONTINUED FEVER, SCARLET FEVER, MEASLES & SMALL POX,
INCLUDING, ALSO, THE READY CURE OF MALIGNANT
DIPHTHERIA AND DYSENTERY.

By EPHRAIM LAPHAM, M. D.

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CAUSE AND EFFECT CURE

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HOW TO BRING ABOUT THE CURE

THE CURE

THE CURE OF THE CAUSE AND EFFECT CURE

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THE CURE

TYPHOID

AND

TYPHUS FEVER.

Typhoid Fever is a contagious continued fever, and is *identical with Typhus* Fever. However, the term *typhoid* is sometimes used to express the *lighter* and *typhus* the *graver* form of the same disease.

CAUSE—Typhoid Fever arises from that form of contagion termed *infection*, which is an impalpable miasm that emanates from a person already sick with the same disease. Typhoid Fever is taken by the breath. That is, the infectious miasm constantly emanates from the sick person, mixes with the air of his apartment, and passes directly into the blood, through the medium of the lungs, by inhalation.

But the infection will not generate the disease, without it is taken in considerable quantity, unless the individual is exceedingly susceptible to its influence. Therefore but a very few who make casual visits on typhoid fever patients incept the disease at all; and but very few of those who watch with them occasionally by night take it.

Of those who are much about the sick a comparatively large number will take it, and usually more than one-half of the friends of the sick will incept the disease.

The inception of typhoid fever infection is either *sensible or insensible*. That is, some individuals imbibe the poison in suffi

cient quantity to cause the disease, without being sensible of any immediate nauseating or other effect sufficient to attract their attention; while others are sickened and depressed, and perhaps vomit at the time of its inhalation. The strong and sickening fumes that arise from typhoid fever patients, and which are especially present when they are not kept clean, are an indication of the presence of the infection in considerable intensity.

The infection is absorbed by the bedding and other clothes about typhoid fever patients, and is given out again so as to produce the disease. This is especially the case while these clothes are being washed, for the infection arises with the vapor of hot water in great intensity. Many cases of the disease can be traced directly to this source.

Typhoid fever is *endemic*. That is when it breaks out in a neighborhood, it usually spreads to a number of individuals and then ceases. It spreads because it is contagious, and it ceases as soon as the people of the neighborhood are fully aware of its contagious character and no longer undergo unnecessary exposure.

There are co-operating causes which *aid* the infection to develop typhoid fever; and the most potent of these is *taking cold* while the system is under the depressing influence of the infectious poison. Also errors in diet, by deranging the digestive function, will act as co-operating causes. In fact anything that will diminish the action of the vital organs, will co-operate with the original infection and help to develop the disease.

It is now very obvious why typhoid fever is more prevalent during the irregular weather of fall, winter and spring—because *these are the seasons for taking cold*.

Fear of taking the disease, by depressing the nervous system, favors its development, while a strong and positive will is a powerful counter agent.

Typhoid fever, from the first effect of the infection to its termination in convalescence, may be divided into two stages:

- 1st. Negative, including the incubation and chill.
- 2nd. Positive, including the fever.

NEGATIVE STAGE—The *incubation* of the disease includes that period which elapses from the inception of the infection to the development of the chill which immediately precedes the commencement of the positive or febrile stage. The duration of

this period is indefinite. It is said to be from a few hours to five or six weeks ; but I have usually found it to be twelve or fourteen days from the *sensible* inception of the infection.

PHILOSOPHY OF THE NEGATIVE STAGE—The infectious poison has a special *elective affinity* for all the functions of secretion—the skin, the kidneys, the liver, the glandular system generally, and the digestive function—all of which are diminished in action by its influence.

The infection also has a special elective affinity for the heart and capillaries, which are also diminished in action by its influence.

1st. The *cutaneous capillaries* are contracted and more or less bloodless ; while the *heart* is diminished in action. Hence there is chilliness, or an especial susceptibility to cold. Hence also the system is less fortified against the negative or sedative effects of cold, and there is especial danger of *taking cold*, and if cold is taken, this effect at once co-operates with the original infection, and will often at once cut short the period of incubation and develop the fever. Because two negative or sedative agents are more potent to develop disease than a single negative or sedative.

2nd. The secretion from the skin is diminished by the infection, which is also usually aided by the negative or sedative effect of taking cold. Hence much perspiratory matter that should be thrown off by this function is retained back in the blood.

3d. As a greater quantity of blood is thrown internally, on account of the bloodless state of the surface of the body, so the *kidnies* at first are stimulated to a state of greatly increased activity ; hence at first there is a frequent desire to urinate, which is clear and abundant. The kidneys may thus for a time maintain the balance of health, by doing their own work and that vicarious action for the skin also, but if they are long overtaxed to this extent, they will at length drop into a state of decreased action, which is then aided by the negative or sedative action of the infectious poison in the blood. Hence the urine also at length becomes scanty and high colored ; and hence much of the urinary secretion that should be thrown off by this function is retained back in the blood. Taking cold very often produces the same result upon the kidneys, and of course must pow-

erfully co-operate with the negative or sedative action of the infection upon this function also.

4th. The adcentric action of the blood at first also usually stimulates the *liver* to an increased activity; but this function also soon sinks into a state of decreased action or *torpor* which is now aided by the infection in the blood, and frequently also by taking cold. Hence the elements of bile are kept back in the blood. *Hence the countenance, eyes, and skin become exceedingly sallow, or of a dusky yellow.* The bile also shows itself in the urine; and as bile is a natural purgative, a diminished quantity in the bowels often occasions costiveness.

In fact the whole glandular system is thrown into a state of torpor by the negative or sedative action of the contagion; and the digestive function is deranged, the appetite is poor, and there is occasional nausea; and these effects are all expedited by the very powerful negative or sedative action of cold, or any other agent that depresses the action of the vital organs.

The immediate effect of the inactivity of all these secretory and excretory functions, is *the retention of a large amount of the elements of the perspiratory, urinary, biliary, and other excretory matters, in the blood.*

Now mark well the *nature of incubation* of typhoid fever; it is a progressive disease, taking place in the secretory functions of the skin and kidneys, and the liver, stomach, and bowels, etc.,—a state of *decreased activity.*

But the original infection, during the period of incubation, is producing another effect of great importance, and which constitutes the basis element of typhoid fever. A change is taking place in the blood, a putrid, dissolved state, that becomes a source of poisonous stimulation to the heart—an *electro-positive state of the blood.*

The chill in typhoid fever, sometimes called the stage of invasion, consists principally of rigors in the back and various parts of the body, interspersed by flashes of febrile heat. The latter soon predominates, and the chill ceases altogether. The chill is usually light, though occasionally, especially when aided by the chilling effects of cold, it may be severe.

The chill is the *culmination* of that negative or decreased action that is going on during the incubation. The depressed action of the heart is still more depressed, and the cutaneous capillaries are more powerfully contracted; hence the blood is driv-

en internally and accumulates in the veins. Hence also the surface of the body becomes pale and livid. The circulation is thrown out of balance, and there is a liability to internal congestions and inflammations.

As the chill naturally occurs but once, and as it is usually light, so the fever from reaction is not an element of any special importance in typhoid fever.

POSITIVE STAGE, OR FEVER—The accession of the *fever* is sometimes gradual and sometimes sudden. It is gradual when the infection is unaided by any special co-operating cause; but if a violent cold is taken while the system is laboring under the negative or depressing effects of the infection, a sudden development of the fever will be the consequence.

Typhoid fever runs its course without intermissions, and with but slight remissions. The *duration* of the positive or febrile stage of typhoid fever is generally three or four weeks; but sometimes more and sometimes less. Different cases vary also greatly in point of severity; the patient is usually more or less prostrate and helpless; sometimes he is entirely helpless, with great mental depression and involuntary discharges. Hence infectious continued fever is usually divided into two varieties, depending wholly upon a difference in severity, and upon the degree of mental oppression:

1. Typhoid Fever is the *lighter*.
2. Typhus Fever is the *graver* form.

But as two names are quite unnecessary to distinguish the two varieties, I use the term *typhoid* in common with most late writers as including typhoid and typhus fever both.

PHILOSOPHY OF THE POSITIVE STAGE, OR FEVER—In order to comprehend clearly the nature of the positive or febrile stage of typhoid fever, it will be necessary to pay very particular attention to the condition of—

- 1st. The secretions.
- 2nd. The circulation.

During the negative stage of incubation, the infectious poison, usually aided by the depressing action of cold and other negative or sedative agents, causes *decreased* action of the secretory and excretory functions, and the circulation both; this depressed action culminates in the chill, after which the secretory and excretory functions remain inactive, while the circulation rises into a state of increased activity.

EFFECTS—Hence the pulse is frequent, the skin is dry and hot, the urine is scanty and high colored, the countenance and eyes are of a dark, dusky, bilious, or sallow complexion; the appetite is poor, with occasional nausea, and more or less thirst; and the bowels are often rather costive, though sometimes there may be diarrhœa.

The tongue is indicative of the state of the mucous secretions in the stomach and bowels, being affected by sympathy of contiguity, or involved in the same train of causes. Hence it is covered with a white fur at first; becomes usually dark yellow when bile is excreted into the duodenum; and as the disease advances the tongue becomes brown and even black, when the mucous secretions are accordingly vitiated. As diffuse inflammatory irritation increases in the mucous lining of the stomach and bowels, the tongue takes on a similar aspect, and becomes dry and red in the middle; at length the whole tongue becomes dry, red, and cracked; and at other times it becomes clean, dry, red, smooth and glossy.

An inflammatory condition of the mucous membrane of the stomach or upper part of the bowels may or may not be accompanied by diarrhœa, but when the inflammation approaches the lower part of the intestines it is more frequently or even usually accompanied by diarrhœa. Inflammation of the mucous follicles is frequently accompanied by diarrhœa, but this is far from being always the case during the treatment of typhoid fever, as this looseness of the bowels is usually quite readily checked up by the opium that may have been used.

There is a greater or less narcotic effect produced upon the brain by the poisonous condition of the blood, which in severe cases or the true typhus is very heavy. Hence there is often involuntary evacuation of urine and feces, subsultus, and picking of the bedclothes, constantly lying on the back, and sliding down in the bed, and a remarkable state of forgetfulness, all indicative of great mental prostration.

CAUSE OF THE FEVER—The positive or febrile stage being a state of increased action of the heart, of course cannot be produced directly by the original infection, cold, etc., which produce directly decreased action. The febrile stage in typhoid fever is produced through the operation of a double chain of causation.

1ST CHAIN OF CAUSATION—1. The original infection, cold, etc., causes a negative or decreased action of the skin, kidneys, liver, and all of the secretory and excretory functions. 2. This decreased action causes the retention in the blood of a vast amount of the elements of the perspiration, urine, bile, etc., which should be thrown off. This superabundant secretory and excretory matter in the blood cannot well be harmless. 3. It ultimately and inevitably stimulates the heart to increased action, and causes fever—*fever from Functional Derangement*.

2ND CHAIN OF CAUSATION—1. The original infection, I have said, also causes a poisonous (electro-positive) state of the blood, and this condition of the blood also ultimately and inevitably stimulates the heart to increased action, and causes fever—*fever from a positive state of the blood*. A chill is also followed by fever from *reaction*, but this element can influence the febrile excitement only but a few hours in the commencement of the fever, as there is but one chill, and fever from reaction is caused by a chill, and consequently is of short duration. Then if we throw reaction out of the consideration, we find Typhoid Fever to be a compound fever, and composed of the two elemental fevers :—

1st. Fever from Functional Derangement.

2nd. Fever from an Electro-positive State of the Blood.

DIAGNOSIS—The common Non-contagious Continued Fever of this climate is usually called typhoid fever by practitioners; but in typhoid fever there is more mental and physical prostration than in common continued fever; while the latter is produced entirely by common agents, as taking cold, and is not contagious, but typhoid fever is *always* contagious.

Inflammation of the mucous follicles of the small intestines (follicular enteritis or typhoid enteritis), is also usually confounded with typhoid fever; but typhoid enteritis is an inflammatory complication that is liable to take place in the middle or latter stage of many cases of typhoid fever; while again Typhoid Enteritis sometimes occurs as a primary disease, and is produced by common causes, and is non-contagious. The contagious character of the epidemic in typhoid fever will generally aid materially in distinguishing this from other diseases with which it may be liable to be confounded.

PROGNOSIS—As typhoid fever is a *long* fever, and is accompanied with much prostration of the vital powers, so *very many*

cases terminate fatally by exhaustion of the vital powers ; or by inflammatory complications in the bowels, producing typhoid enteritis and diffuse mucous inflammation ; in the lungs producing bronchitis and pneumonitis ; and in the brain producing phrenitis. Under the old and *common* practice in typhoid fever I do say that the prognosis is exceedingly unfavorable. And even under the *improved but simple* method of treating typhoid fever, which I shall now proceed to delineate, it is not to be expected that all typhoid fever patients will be saved. But that a ten fold greater proportion will be saved than is now saved by the common expectant practice I do verily believe.

And now Doctor, whether you are regular or irregular, catholic or protestant, orthodox or reformatory, allopathic or eclectic, to whatever school you may belong, I entreat you to throw aside your maternal notions, your aluminate prejudices, which you call experience, and for this time at least, enter into the realm of **ETERNAL PRINCIPLES**. From this stand point all true experience becomes really useful. Short of this, experience is exceedingly uncertain—is blind at least. Let principle be the foundation and experience will be the superstructure. Eternal Principles are the vine, while experience is but the branches. Typhoid Fever is not a disease to be trifled with ; it cannot be driven out of its strongholds—its embattlements—by the tiny shafts of empiricism ; and though you use the medicines that I recommend, and endeavor to follow out the plan of treatment that I lay down, you must not expect to break up veritable contagious typhoid and typhus fever in one, two, three, four, or even five days, without a true knowledge of its philosophy. Therefore, reader, now let thy mind enter into the realm of Eternal Principles—the Sphere of Causes

CURE OF TYPHOID AND TYPHUS FEVER—The *first indication* is to prevent the inception of the infection.

1st. We have seen that the sources of danger are mainly the more intense miasm that emanates from the patient's body, and mixes with the air of his apartment.

2nd. The intense miasm that arises with the vapor of hot water while washing the clothes and bedding of the patient.

In the second place we must observe that the infectious miasm becomes comparatively innocuous when much diluted with air.

And also that the fever is seldom taken twice by the same individual ; therefore,

1. Let the patient be kept as clean as possible by frequent ablutions of his body, and by frequent changes of his bedding and other clothing.

2. Let the stools be immediately removed from the room.

3. Let the infection and stench that exhales from the patient and his evacuations be diluted with air as much as possible by freely ventilating his apartment.

4. Choose some one who has had the fever to do the patient's washing; and also as nurse, who has to be about him much and freely take his breath, or inhale the stench that may arise from other sources.

The *second indication*, after the inception of the infection, or a free exposure, is to prevent the incubation or generation of the fever.

It must be observed that the typhoid fever infection is by no means virulent, and more often requires the aid of co-inciding causes in order to generate the fever; therefore,

Avoid all co-inciding causes, as that of taking cold, fatigue, intemperance in eating and drinking, and especially the exercise of the venereal passion, anger, grief, or fear; in short anything that might serve to debilitate or depress the activity of the vital organs.

PHILOSOPHY AND MEANS OF CURE.

The *third indication* is, during the negative stage of unequivocal INCUBATION, to prevent the development of the febrile stage. *This can be accomplished with great certainty.*

In the first place you *must* observe that there are two important pathological changes taking place during the progress of the negative stage of incubation.

1st. The infectious poison, usually aided by taking cold, and other negative agents, causes an electro-negative *torpor* or *inactivity* of the secretory and excretory functions, as that of the

skin and kidneys, the liver, stomach, and bowels, etc. The final result of this is the retention and accumulation of a vast amount of the elements of the perspiration, urine, bile, etc., in the blood, and this ultimately stimulates the heart to increased action and causes fever—*Fever from Functional Derangement*; which constitutes one of the two elements of the febrile stage, of typhoid and typhus fever.

2nd. There is an increasing change going on in the blood—it is becoming *electro-positive*; and this ultimately stimulates the heart to increased action and causes fever—*fever from an electro positive state of the blood*; which constitutes the second and basic element of the febrile stage of typhoid and typhus fever.

In the next place, it will be found that when all morbid excretory matter is eliminated from the blood, that the electro-positive change going on in the blood, will, generally, at least, prove abortive; that is, it will seldom or never of itself be able to develop the positive or febrile stage, unaided by the stimulus of superabundant or vitiated excretory matter circulating in the blood; therefore,

The sole indication during the incubation of typhoid and typhus fever is **ELIMINATION**. That is, eliminate all morbid excretory matter from the system by rousing the *liver, stomach and bowels*; and the *skin, and kidneys* to a vigorous normal action.

1. The *liver, stomach, and bowels*, as well as the glandular system generally may be roused to a vigorous normal action by the very efficient *hepatic positive* (chologogue), and *purgative*, as well as occasionally *emetic*—**PODOPHYLLIN**.

R.—Podophyllin, one grain;

Leptandrin, two grains;

Hydrargyrum cum creta, five grains;

Capsicum, one fourth of a grain. Mix for one powder: make four such powders, and give one every three hours till they operate thoroughly upon the bowels, which will usually be after the third powder is taken; and then stop giving the purgative, and follow its efficient operation by a full dose of opium, laudanum, morphine, or paregoric, to prevent any excessive action upon the bowels, or the development of any inflammatory irritation of their mucous lining *that sometimes follows the excessive action of cathartics*.

For children the same may be given in smaller doses—a child

four years old requires one-fourth the amount mentioned above.

Thus :

R.—Podophyllin, one fourth of a grain ;

Leptandrin, half a grain ,

Hydrargyrum cum creta, two grains ;

Capsicum, one-eighth of a grain. Mix and give as before.—

Follow the operation of the cathartic by a half or whole teaspoonful of paregoric, and avoid the stronger opiates for children for fear of producing narcotic stupor.

The podophyllin is the basic and most important ingredient in the above prescription, and would fulfill the indication without the help of any of the other ingredients.

Not so with any one of the other articles; yet the leptandrin operates with some vigor upon the liver and other glandular organs, and but feebly upon the bowels, being nearly equivalent to rhubarb with more action upon the liver; it may be used after the above prescription has been carried out to continue its abstractive action upon the liver etc.

R.—Leptandrin, one grain;

Hydrarg. C. Creta, five grains; mix and give at one dose; to be repeated every three hours. This prescription may be given during the second day. On the third, fourth or fifth day, according to the urgency of the symptoms, if a thorough flow of bile has not been already established, repeat the podophyllin, leptandrin, etc., according to the first prescription already mentioned.

2. The *kidnies* and *skin* will usually resume their normal function after the proper action, of the liver, stomach and bowels are restored, without the administration of any further medication. But if the urine remains scanty and high colored, then rouse the kidneys to action by *sweet spirits of niter*. Give a teaspoonful every two hours till the urine flows abundant and clear,

To restore the perspiratory function, the niter may be given as above and its action determined to the skin, by free ablutions of the surface of the body with warm water or warm salt and water ; followed by severe friction of the skin with a towel, or what is much better with the hand of second person, At the same time the patients feet should be got into water as warm as can be borne; after which he should be covered up warm in bed, and fomentations by means of flannel cloths wrung out of hot water, salt and water, or smart weed infusion, should be placed over the region of the stomach and frequently repeated.

This means will be especially useful if the patient has taken cold, and there is any cough, or other symptoms of initiatory localised inflammation of any of the internal viscera.

Withal, the patient should *not* fear the disease. but should profit by the magnetism of courage; and I speak from principle made sure by experience when I declare that very few indeed will come down with typhoid or typhus fever where these precautionary measures are adopted.

PHILOSOPHY AND MEANS OF CURE, DURING THE ELECTRO-POSITIVE OR FEBRILE STAGE.—I have said that the febrile stage of typhoid and typhus fever is developed through a double chain of causation:

1. The original infection usually aided by co-operating causes as taking cold etc., causes an electro-negative action of all of the secretory and excretory functions, namely, the skin and kidneys; and also the liver, stomach and bowels; and the glandular organs generally. The result is the retention of the excretory matter of the perspiration, urine, bile, etc., in the blood; and this ultimately and inevitably stimulates the heart to increased action and causes fever—**FEVER FROM FUNCTIONAL DERANGEMENT.**—To remove this fever from functional derangement the only *sure* indication is: **ELIMINATION.**—That is *eliminate* all vitiated or superabundant excretory matter from the blood, by rousing the liver, stomach, and bowels; and the skin and kidneys to a vigorous and healthy action by *eliminants*.

2. The original infection causes an electro-positive state of the blood; and this electro-positive state of the blood stimulates the heart to increased action and produces fever—**FEVER FROM AN ELECTRO-POSITIVE STATE OF THE BLOOD.**—Here the *sure* indication is: **COUNTERACTION.**—That is *counteract* the electro-positive stimulation upon the heart by the administration of a more powerful electro-negative medicine that has a specific elective affinity for the heart. This indication is *exactly* met by **VERATRUM VIRIDE**. These two indications must form the basis of our treatment of typhoid and typhus fever if we would break the fever and cure the disease at once. But there are other minor indications that are also of no small importance.

- 1st. An opiate must occasionally be given to quiet nervous irritability and induce sleep; and also to check any excessive

looseness of the bowels and prevent the development of mucous or follicular enteritis.

2nd, The circulation must be equalized and the blood and electro-positive nervous force determined to the surface and to the extremities by warm fomentations, mustard, or even light blisters when necessary in order to avoid or subdue any local congestion or inflammation that may supervene in the course of the fever.

Therefore,

When you are called to see a patient laboring under the veritable contagious typhoid or typhus fever, let it be at any period of the febrile stage;—provided there is *not* extreme prostration and that there is *no* localized inflammation or diarrhoea, then,

1st, *On the first day's visit* you may adopt about the following plan of treatment.

R.—Podophyllin, one grain;

Leptandrin, two grains;

Hydrargyrum cum creta, 5 grains;

Capsicum, one fourth of a grain;

Opium, half a grain. Mix for one powder; make four such powders, and give one every three hours till they operate, thoroughly as a cathartic.

2nd. At the same time apply warm fomentations to the region of the stomach and bowels; or apply mustard poultices and also to the lower extremities.

3^d. Follow the sufficient action of the hepatic purgative by a full dose of opium or morphine sufficient to quiet any excessive action upon the bowels, and to prevent the development of mucous inflammation or follicular enteritis that *sometimes* follows the excessive action of purgatives especially in typhoid fever.

4th. R.—Tilden's Fluid Extract of Veratrum Viride, one part;

Laudanum, two parts; mix. Commence with this preparation immediately after the operation of the cathartic and give about fifteen drops every two hours till the pulse is reduced to a few beats below the standard of health.

Or the veratrum may be given without the laudanum, if the laudanum is not thought necessary. Then give about five drops of the fluid extract and repeat as above every two hours.

In many cases where the functional derangement was rather

light you will find on the *second day's visit*, that not only the frequency, but also the force of the pulse is reduced to, or below the standard of health. If so you may expect that the fever is already broken. Then continue the veratrum viride in smaller doses, ten or twelve drops of the veratrum and laudanum drops every three hours and at the same time.

R.—Leptandrin, one grain;

Hydrarg. cum creta. five grains; mix and repeat every three or four hours.

But if the frequency of the pulse is not reduced to the standard of health, then the veratrum is not a good preparation and it will be necessary to increase it a few drops. But if the pulse is already reduced to, or below the standard of health, and it still retains its extra force or its hard or feverish heat, then you have not yet cured the *fever from Functional Derangement*, which can only be done by ELIMINANTS.

R.—Leptandrin, one grain;

Hydrarg. cum creta, five grains; mix for one powder and repeat every three hours, and give the veratrum and laudanum *fever* drops in doses sufficient to keep down the pulse, once in three hours, either between the powders or with the powders. Also be exceedingly careful that you ward off any attack of local inflammation by keeping the circulation well balanced by fomentations, mustard poultices, rubbing the extremities and abdomen with hot mustard and vinegar etc. At any time throughout the course of the disease any extra heat of the skin may be removed by cold or tepid sponging.

If the patient is thirsty let him have all the cold water he wants; and if the thirst is excessive with symptoms of gastro intestinal mucous inflammation, let him swallow *ice* in small pieces until this thirst is entirely satisfied.

You must caution the attendants to watch the patient's pulse and other symptoms and when the veratrum vomits or nauseates and distresses the patient, they must be directed to give a full dose of laudanum, opium, or morphine; or paregoric for children, to be repeated when required, and if necessary a little brandy may also be given,

On the *third day's visit* if the hard and feverish heat of the pulse is not yet entirely subdued, if there is no local inflammation to keep up the fever, and if you have kept the pulse well

reduced by the veratrum,' then you may depend upon it that you have not yet sufficiently freed the blood from morbid excretory matter, by a sufficient action on the skin, kidneys, liver, etc.

1st, Then you may omit the veratrum while you repeat about the first day's prescription of podophyllin, leptandrin, and hydrargyrum cum creta, with the opium; to be repeated every three hours till they operate lightly as a purgative. Then stop giving them and give opium or morphine to quiet the bowels, after which resume the veratrum viride again.

On the *fourth day's visit* you should certainly find the fever entirely broken. If so, then continue to give the alteratives and the cardiac negative fever drops till the appetite returns.— Thus,

R.—Leptandrin, one grain:

Hydrargyrum cum creta, five grains; mix for one powder To be repeated every three or four hours till the appetite returns. At the same time give the veratrum and laudanum drops in doses of ten or twelve drops every three or four hours; or give the fluid extract of veratrum viride without the laudanum in doses of about three drops to be repeated as before.

The diet should be mild and unirritating, and you should not cease visiting your patient till you find him fully convalescent, with a vigorous normal appetite. Until convalescence is fully established, you must direct the veratrum to be repeated with every exacerbation of febrile symptoms.

SKIN AND KIDNIES.—When the skin is hot and dry with much eccentric action of the circulation the veratrum viride, which is given to reduce the circulation, will also induce sweating. But at any time when it is thought necessary during the fever, the sweet spirits of niter may be given in teaspoonful doses repeated every two or three hours; and if necessary its action may be determined to the skin by the addition of a few drops of laudanum. But the skin will usually resume its action without the niter.

When the *urine* is scanty and high colored or when it is entirely suppressed, as is often the case in typhoid fever, then you may give the sweet spirits of niter in teaspoonful doses every two or three hours till the discharge is again free. This may be adopted at any time during the whole course of the fever.—

But omit your quinine, and brandy, and supporting regimen;

it is altogether uncalled for in typhoid and typhus fever. There is too much morbid stimuli already acting upon the heart, and do not add quinine and brandy. This would be curing an electro-positive disease by electro-positive remedies. But your object in giving quinine and brandy is, not to cure the fever, but to support the strength. How exceedingly unreasonable to believe that you can support the strength of your patient by adding that, of which the system has already far too much, namely electro positive stimulation,—by quinine and brandy. The powerful electro-negative cardiac medicine, veratrum viride, by diminishing arterial or cardiac action will support the strength of your patient, while quinine and brandy by increasing arterial or cardiac action will exhaust his vitality.

I do not say that it is impossible to *break up* typhoid fever on the principle of *similia similibus curantur*. Several years ago I was myself taken with infectious typhoid fever. I took calomel until the gums were slightly touched; after which I took *quinine* in five or six grain doses repeated every two hours; and the result was, exceedingly profuse and long continued sweating—and a suspension of the fever.

On the *fifth* or *sixth* days visit you should certainly find the hepatic and other secretory and excretory functions so far restored to their normal degree of activity that the appetite will begin to return. Then continue the leptandrin three or four times a day for several days longer; and direct the veratrum to be given for any febrile excitement that will sometimes come on in the latter part of the day.

The appetite should return sometime between the third and fifth day; if it does not then, there is either some lurking inflammation, or otherwise the doctor has been treating his patient *empirically*, and not philosophically. For the latter there is no remedy but less empiricism and more philosophy—a *common sense* view of the case.

COMPLICATIONS OF TYPHOID FEVER.

TYPHOID ENTERITIS OR FOLLICULAR ENTERITIS, is a frequent and exceedingly fatal complication of typhoid fever. It is an inflammation of the mucous follicles or glands of Peyer, which are abundant in the region of the cecum. Hence the seat of the inflammation is a little below and to the right of the umbilicus.—On a post mortem examination the inflammation will be found to consist of minute ulcers thickly studded together in patches about the size of a half dollar. Follicular Enteritis frequently occurs as a primary disease as well as a complication of typhoid fever. When it complicates typhoid fever it does not usually set in till after the first week of the fever. Hence, by the philosophical method of treating typhoid fever, the fever is broken and the patient is already convalescent before the time arrives for the ulcerative inflammation to set in as under the common empirical practice.

DIAGNOSIS.—The appearance of the tongue does not differ much from that of ordinary typhoid fever; the edges are red, with a thick, clammy, white coat at first, which becomes brown and even black when the intestinal secretions are accordingly vitiated. As diffuse mucous inflammation sets in with the ulcerative inflammation, then there will be much thirst, with a red streak through the center of the tongue, and finally the tongue loses its coat and becomes clean, dry, and very red.

There is a tendency to diarrhoea, but this is not very obvious at first, and may not exist at all as it is quite easily checked up by the opium that may have been used.

The febrile action of the heart as indicated by the pulse does not differ materially from that of the uncomplicated typhoid fever.

Externally, by pressing the fingers over that part of the abdomen a little below and to the right of the umbilicus, a little soreness may be detected; but this is not very obvious. As the

disease advances pressure at the same place will produce a gurgling noise; but at first this also is not very obvious.

Tympanitis, that is, a filling up of the bowels with gas, familiarly termed bloating of the abdomen is extreme and very distressing in the latter part of the course of fatal cases; but this like the other symptoms is not very obvious at first. Hence you see it is exceedingly difficult to diagnose a case of follicular enteritis in the first stage of the inflammation and exceedingly easy after the fatal impress is made upon the intestines. But as you value the life of your patient do not let the first stage of the inflammation pass by without its proper treatment; for I must repeat that typhoid enteritis under the ordinary practice of physicians is exceedingly fatal.

By a philosophical course of treatment commenced in the early stage of the inflammation the patient's life may usually at least be saved, and the duration of the disease shortened perhaps about one half of its ordinary course to a fatal termination.

But before I give the treatment I will mention one diagnostic symptom of typhoid or follicular enteritis, which, though I have never seen it mentioned by any writer, has nevertheless appeared to me to be more characteristic than any other symptom. It is the position the patient lies in bed, namely:

He lies habitually upon his back, *a little inclined to the left side* with his knees somewhat drawn up, in a manner to relax the muscles over the inflamed part as much as possible.

CURE—1st. Keep the pulse down steadily by *veratrum viride* to the natural standard or a little below. You need not fear that it will irritate the bowels; the old books tell most abominable lies about it. *Veratrum viride* never causes bloody stools—and in fact NEVER inflames or irritates the bowels in any manner whatever. This is the first essential to the cure of follicular enteritis.

2d. Apply light blisters over the right illeac region, or other severe counterirritating applications; to be repeated until the inflammation is completely subdued. Apply mustard to the extremities. This is the second essential to the cure of follicular enteritis.

3d. Rouse the liver and whole glandular system to a vigorous normal action by small doses of *podophyllin*; or by a little speck of *calomel* rubbed up with *hydrargyrum cum creta*. Also rouse the kidneys and skin to a vigorous normal action by the

sweet spirits of aiter. These means are essential not only to the cure of the inflammation, but also to subdue the fever.

4th. An occasional dose of opium, laudanum, morphine, or Dover's powders must be given to keep the diarrhoea well in check. or to quiet pain and procure sleep. For children paregoric or Dover's powder should be used. The same means must be used to counteract the too great action of veratrum whenever it sickens the stomach.

In my hands the above means have always been successful. One case, from the practice of another practitioner fell into my hands after the disease had nearly run its course to a fatal termination, and but few of the above means were used; the veratrum was neither indicated nor used at all. This case was apparently the result of using too severe means to open the bowels without checking their operation afterwards by opiates. I mention this as a timely caution to practitioners.

Inflammation of the lungs in the form of *Bronchitis*—indicated by cough and white or light colored expectorations; and *Pneumonitis* indicated by bloody expectoration, not unfrequently comes on in the middle or latter stage of typhoid fever. The philosophical method breaks up the fever before the inflammation usually sets in. But as soon as cough comes on, indicating the approach of inflammation, in addition to the means already recommended for typhoid fever, light but extensive blisters should be applied to the chest and mustard to the extremities.

A heavy narcotic oppression of the brain is a distinguishing characteristic of the true typhus; and the brain becomes frequently *congested* in these cases. This is indicated by narcotic stupor and an inexpressive appearance of the eyes with dilated pupils. Phrenitis or true inflammation of the brain, and Meningitis or inflammation of its investing membranes are indicated at first by staring of the eyes, contracted pupils, and morbid vigilance—the patient being extremely sensitive to everything that is said concerning his condition. He is exceedingly restless; opium will not procure sleep, and must not be given. When the inflammation is fully developed the patient is really violent, and manifests great strength. This inflammation not unfrequently comes on as a sequela during convalescence from typhoid fever, and must be properly and thoroughly treated in the forming stage, otherwise death is almost inevitable.

CURE.—In all the above forms of congestion and inflammation

of the brain and its membranes the head is usually hot and the feet cold. This must be reversed. 1st. Envelope the head completely in *bladders of ice*; and warm up the extremities.—Apply *very strong mustard applications* to the feet and legs as far as the knees; to the arms; over the stomach; and between the shoulders, and on the back of the neck. 2nd. Give two or three grains of podophyllin, combined with about ten grains of calomel to operate on the liver, stomach and bowels. The kidneys must be roused vigorously to action by the sweet spirits of niter. 3d. The pulse must be kept down steadily by veratrum viride. But these means must be used in the forming and active stage of the disease in order to save your patient.

In the latter stage of the encephalic inflammation when the pulse sinks and there is a cold, clammy and profuse perspiration, exhausting measures will no longer be borne; perhaps nothing will now save your patient; but you may apply a blister to the crown of the head.

GENERAL PHILOSOPHY OF FEVERS.

Fevers have been divided by writers into—

1st. Continued.

2nd. Eruptive.

3d. Periodical.

The principles already given at length under the head of Typhoid and Typhus Fever will apply with slight modifications to all of the continued and eruptive fevers.

GENUS 1ST.—CONTINUED FEVER, NON-CONTAGIOUS.

SPECIES 1ST.—*Fever from Functional Derangement*.—Fever from Functional Derangement is a non-contagious continued fever, and may be caused by *negative* or *positive agents*. The negative cause is *taking cold* usually aided by co-operating causes, such as indigestion or anything that depresses the action of the system. Taking cold, etc., checks the perspiratory functions and finally that of the urinary and biliary secretion, and in

fact throws the whole of the secretory functions into a *negative* or *inactive* condition.

The positive cause of fever from functional derangement is *overheating* the system during very hot weather. Overheating the system causes directly a highly positive state of the cutaneous capillaries, and this often *induces* indirectly on the principle of electrical induction, a negative state of the functions of the skin, kidneys, liver, etc., and fever is the immediate result.

The negative or torpid condition of the functions of the skin, kidneys, liver, etc., causes the retention of excretory matter in the blood; and this excretory matter stimulates sooner or later the heart to increased action and fever is the final result—*Fever from Functional Derangement*.

Fever from Functional Derangement may be divided into two stages—

1st. Negative, including the incubation and chill.

2d. Positive, including the fever.

There are several varieties of this fever which are treated of in the books as distinct fevers but which are in fact all one and the same fever.

1. *Ephemeral Fever* is a simple fever from Functional Derangement that lasts but one day.

2. In *Gastric Fever* the stomach is much deranged with vomiting often of green, acrid and vitiated secretions. Very frequent in children.

3. In *Inflammatory Fever* the perspiratory function of the skin is much at fault, and the fever is high and inflammatory.

4. In *Simple or Common Continued Fever*, which is often called typhoid fever by practitioners, the liver and internal glandular system are prominently at fault and the fever is not so high as inflammatory fever, and is very much like an ordinary case of the infectious typhoid fever, *minus* the head symptoms.

CURE.—The first indication is, during the negative stage of incubation, to *prevent* the development of the fever. This may be accomplished with great certainty by *Elimination* precisely as recommended for typhoid fever, to which I must refer the reader.

The second indication is, after the fever is fully developed, to *break* the fever. This may also be accomplished with great certainty by the same indication, namely, *ELIMINATION*; But at the same time it will be of great importance to reduce the fever by

veratrum viride while the system is being cleansed out by eliminants; and these indications may be carried out precisely as recommended for typhoid fever, to which I must again refer the reader.

By this course thoroughly and scientifically carried out the lighter forms of fever from functional derangement may be *broken* in one day and made fully convalescent in three days; the more severe cases may be *broken* in three days, and made fully convalescent in five days—and these are cases which with practitioners universally last from about two to four weeks—*till a crisis takes place and the fever cures itself*. Don't wait for the slow process of nature but cleanse the system, or in other words establish a crisis yourself.

GENUS 2—CONTINUED FEVER, CONTAGIOUS.

Species 1st—Typhoid and Typhus Fever.—In a natural system of classification typhoid fever comes next in the series, of which I have already treated, at length, and which I shall make use of as a model for other forms of *positive* or continued fevers.

GENUS 3—CONTINUED FEVERS, CONTAGIOUS AND ERUPTIVE.

Species 1st—Scarlet Fever.—Scarlet fever is a contagious or infectious continued fever resulting in a highly electro-positive or inflammatory state of the skin. It has two stages—

1st—Negative, including the incubation and chill.

2nd—Positive, including the fever.

The negative stage of incubation lasts about five days and culminates in the chill. The positive stage of fever then commences: the *rash* comes out on the second day of the fever; begins to fade first on the forehead on the seventh day; and is all gone on the ninth day, unless the disease is protracted by adverse symptoms.

The *Cause* of the *Negative Stage* is the scarlatinal infection; usually aided by taking cold and other negative agents. This results in a negative or torpid condition of the secretions and the retention of excretory matter in the blood.

The *Cause* of the *Positive Stage* of the fever is—

1st. The retained excretory matter in the blood causes—*Fever from Functional Derangement*.

2d. The original infection generates an electro-positive poison in the blood and causes fever—*Fever from a positive infection in the blood*.

There are several varieties of scarlet fever.

1. In Simple Scarlet Fever functional derangement is light and the fever is accordingly mild.

2. In Grave Scarlet Fever there is much functional derangement and accordingly the fever is exceedingly violent. These cases are apt to develop local inflammation of the bowels, lungs, or brain, and in this way become malignant.

3. Malignant Scarlet Fever are the cases just mentioned complicated with local congestions, or inflammations.

4. Scarlatina Anginosa is when the disease is complicated with a kind of diphtheritic, or ulcerative inflammation of the tonsils and throat.

CURE—The indications of cure are, first, remove the fever from functional derangement by *eliminants*. Second, counteract the electro-positive state of the blood by *veratrum viride*.

In Simple Scarlet Fever there is but little fever from functional derangement, and little or no treatment is required. In the more grave or severe cases there is much fever from functional derangement, and hence there is much danger of *fatal* congestions or inflammatory complications. Hence it is of much importance to subdue the fever at once and *prevent* any fatal complication. To prevent congestion during the chill, external warming applications must be vigorously applied when there is any apparent danger.

When the fever is severe it may be speedily subdued, and fatal congestions, or inflammatory complications warded off by the following means. For a child four years old:

R.—Podophyllin, quarter grain;

Leptandrin, half grain;

Soda, one grain;

Capsicum, eighth of a grain. Mix and give all at one dose; to be repeated every three hours till it operates thoroughly as a cathartic. This may also vomit which will be of no disadvantage. Do not run the bowels too hard but check the action of the cathartic, when it has operated sufficiently by a dose of paregoric.

Immediately after the operation of the cathartic you will find *veratrum* your sheet anchor.

R.—Tilden's Fluid Extract of *Veratrum Viride*, one part:

Paregoric, two parts; mix. A dose of this will be about one drop, or a little more, for every year of age up to fifteen which will be the dose for an adult. Thus for a child four years old give four or five drops and repeat every two hours till the

pulse is reduced to the natural standard or a few beats below. When the pulse is thus reduced it must be given in smaller doses, and perhaps less often repeated. Do not give it so as to nauseate for this is too distressing for the little patient to bear.

When the stomach is sickened by the veratrum give full or large doses of paregoric to counteract it; half or two thirds of a teaspoonful to a child four years old.

To rouse the kidneys to action, which is of much importance, perhaps nothing is better than the sweet spirits of niter. A child four years old may take about a quarter of a teaspoonful every two hours till the desired effect is obtained.

Internal congestions and inflammations require external fomentations, mustard, etc.; a good application is a blistering plaster of cantharides applied till the skin is reddened, when it is to be taken off and warm fomentations applied to the same part. A blue discoloration of the skin is a very malignant symptom, and must be counteracted by external fomentations, mustard, etc., very vigorously applied.

In the throat disease, scarlatina anginosa, it is well to swab out the throat every three or four hours with capsicum and common salt, each one teaspoonful; honey, two or three tablespoonfuls; to be dissolved in a half a teacupful of boiling vinegar.—But in the throat disease nothing can equal ICE; you will find it a complete specific. The child should lie upon its back whilst the ice should be kept in its mouth in pretty good sized pieces, almost constantly; and twenty-four hours will be sufficient to almost completely subdue the worst inflammation of the throat.

Species 2nd—Measles. This also being an infectious fever the philosophy of its production and the general principles of cure are similar to that of scarlet fever, or of typhoid fever. The eliminants may be used, when the case is grave enough to require it, to subdue the fever from functional derangement. The veratrum may be used to subdue febrile excitement and counteract the stimulus of the infectious poison in the blood. Fomentations or even blisters are often required over the chest to prevent or subdue bronchitis or inflammation of the lungs.

Species 3d—Small Pox. This also is an infectious and contagious fever, and hence the philosophy of its development differs in no essential point from that of other infectious fevers; and hence also the principles of cure are the same.

1. Use the podophyllin, etc., to rouse the liver, stomach and bowels to action; and the sweet spirits of niter to rouse the

kidnies and skin to action—as already given under the head of typhoid fever.

2. Use the *veratrum viride* so as to subdue every vestige of febrile excitement—as also recommended under the head of typhoid fever.

That is cleanse the system thoroughly of all excretory matter in the blood, and counteract the stimulus of the contagious poison upon the heart, and small pox as well as typhoid fever may be speedily subdued.

GENUS 4.—CONTINUED FEVER MALARIAL AND CONTAGIOUS.

Species 1st.—*Yellow Fever.* Yellow fever is mainly caused by the malaria of cities, which differs from the vegetable malaria of the country, in being mostly the product of putrid animal matter. It is an electro-positive fever, with a highly electro-positive state of the liver and stomach.

1. Calomel may be used to act upon the liver, stomach and bowels. The kidneys must not be left in a torpid condition.

2. From the first subdue every vestige of febrile excitement by the free administration of *veratrum viride*.

3. The stomach may be saved by ICE. Let it be broken into small pieces and swallowed almost constantly till that intense thirst is gratified to the fullest extent possible. This alone will prevent the vomit.

4. To save the liver, you must apply very strong mustard poultices over the region of the liver; and envelope the extremities almost completely in very strong mustard applications.

HOW TO BREAK ANY FEVER.—All fevers may be divided into—

1st. Negative, periodical, or chill fevers.

2nd. Positive, or continued fevers.

All local congestions or inflammations being removed or absent, then—

1. If it is a negative fever (intermittent or remittent) cleanse the system thoroughly by *eliminants*, and counteract the negative state of the blood by such cardiac positives as *quinine*.

2. If it is a positive fever, namely, common continued fever, typhoid fever, scarlet fever, measles, or small pox, cleanse the system very thoroughly by *eliminants* as before, and counteract the positive state of the blood by such powerful cardiac negatives as *veratrum viride*.

DIPHTHERIA.—The great importance of a speedy and effectual cure for diphtheria induces me to insert it here. In bad cases

there is much fever from functional derangement, as well as inflammatory swelling of the tonsils and the whole throat, which becomes covered with a white exudation or membrane.

The indications are to subdue the fever from functional derangement and reduce the inflammation of the throat. Give for an adult from half a grain to a grain of podophyllin, to be repeated every three hours till it operates thoroughly on the liver, stomach and bowels. This should be followed by an opiate; and by veratrum four drops every two hours, or one drop for a child four years old. If the veratrum sickens the stomach, counteract it by laudanum, or for a child by paregoric. This is necessary in order to subdue the fever.

For the throat external irritating applications may be applied. But internally ICE is a complete specific. Put it into the throat constantly, and twenty-four hours will be sufficient to subdue, almost completely, the worst diphtheritic inflammation of the throat.

DYSENTERIA—The elements of dysentery are, in mild cases, functional derangement and an inflammation of the lower part of the bowels, in bad or malignant cases the elements are—fever from functional derangement, and the inflammation of the lower part of the bowels; the upper part of the bowels are usually costive.

R.—Podophyllin, one grain;

Leptandrin, two grains;

Hydrarg. cum creta, six grains;

Opium, one grain;

Capsicum, quarter of a grain. Mix and give all at one dose, and repeat every three hours till a full operation is produced upon the bowels.

Follow this by opium sufficient to quiet all pain and tenismus; and in all of the simple or milder cases this will be the end of the dysentery. In severe cases where there is much fever bring down the pulse by veratrum viride, and on the third day repeat the purgative again as before. You must break the fever from functional derangement without running the bowels too hard.

In the mean time the kidneys should be roused to a vigorous action by the sweet spirits of niter and its action should be determined to the skin by external warming applications. Mustard, etc., should be applied over the lower part of the abdomen.

This plan of treatment will be found much more satisfactory than the ordinary anodyne course in which the conditions of the secretions and consequently the fever from functional derangement is mainly neglected.

PROPERTIES OF VERATRUM VIRIDE.

The properties of veratrum viride are not well understood by the profession. Norwood's experience is far from being correct inasmuch as it is in no sense of the term, an eliminant or alterative.

1. Veratrum viride is a cardiac negative; that is it directly diminishes the frequency of the pulsations of the heart, but not their force.

2. When given more freely than is necessary to produce the above effect it causes most distressed nausea and vomiting.

Always counteract this effect by laudanum, morphine or opium, or for small children, paregoric; and when necessary, combined with brandy or other spirits.

Veratrum viride never acts upon any of the secretions to rouse them to action; and it never operates upon the bowels as a cathartic, nor to irritate them in any means whatever.

When the skin is very hot in fevers, profuse sweating will follow in consequence of its cooling effect—but usually it has no effect over the perspiratory functions. So expectoration may follow when it reduces inflammation of the lungs but not otherwise.

The use of Veratrum Viride is simply to reduce the frequency of the pulse. Hence its use in fevers and inflammations.

RHEUMATISM—ITS PHILOSOPHY AND MEANS OF CURE.

RHEUMATISM.—The many individuals crippled from a long run of acute rheumatism is a lasting opprobrium, setting forth unmistakably the gross empiricism of the present state of the medical art. Cases of acute rheumatism that often endure from two to six weeks under the common empirical practice, can be unmistakably and effectually subdued in as many days, on the philosophical principle of *cause and effect*.

The *elements* of acute rheumatism are—

1st. Fever from Functional Derangement.

2nd.—An exceedingly painful inflammation of the muscular and fibrous tissues, more often about the larger joints, but sometimes in the muscular tissue itself.

2nd. In *Chronic Rheumatism* we have the inflammation, with little or no fever—but *with more or less functional derangement*.

3d. In *Gout* the rheumatic inflammation seizes upon the synovial or lining-membrane of the smaller joints, as that of the great toe.

4th. When the rheumatic inflammation affects the synovial membranes of the larger joints, it is called *rheumatic gout*.

Rheumatism is a very painful disease, but it is not usually dangerous; yet it sometimes seizes upon the heart, and then it becomes exceedingly dangerous.

CURE.—The indications of cure are:

1st. Remove the fever from functional derangement; and
2d. subdue the inflammation.

1. The liver, stomach, and bowels are in an electro-negative or torpid condition, with the retention of much biliary and other vitiated excretory matter in the blood.

Rheumatism can never be cured till this excretory matter is removed by *eliminants*.

R.—Podophyllin, one grain;

Leptandrin, two grains;

Capsicum, half grain. Mix and give all at one dose and repeat every three hours till it operates thoroughly as a cathartic. The cathartic must be repeated, if necessary, till the liver is roused to its normal degree of action. If preferred, calomel may be used in place of the above prescription; but it must be done cautiously, otherwise you will ensure a nine day's mercurial fever, and accordingly protract the cure.

2. Follow the sufficient action of the cathartic by a full dose of opium in some form, and repeat it often enough to relieve all of that excruciating pain.

3. Immediately after the action of the cathartic, veratrum viride must be given in four or five drop doses to be repeated about every two hours till every vestige of febrile excitement is completely subdued.

4. The kidneys and skin are exceedingly torpid or negative, and there is, in consequence, an accumulation of lithic acid in the blood which should be converted into urea and made to pass off by the kidneys. This lithic acid has an affinity for the fibrous tissues which are thus stimulated and inflamed; and this cause is aided by fatigue, cold, damp, etc. Hence do not think of curing rheumatism without a thorough *elimination* of excretory matter by the kidneys and skin.

Hence, give the sweet spirits of niter in teaspoonful doses, and repeat every two hours till the urine flows clear and abundant. The opium, which is given to quiet the pain will determine to the skin; and the veratrum will bring down the pulse, and the result will be very profuse sweating.

5th. Counteract the local inflammation and prevent the accession of inflammation of the heart, by the extensive application of *mustard* to the extremities, over the stomach and bowels, and to the whole extent of the spine.

By these means thoroughly carried out, almost any phase of rheumatism, and even the most acute form should be completely

subdued in three days, and convalescence speedily established.

6. After convalescence is established, the action of the kidneys, and other glandular organs may be maintained by the iodide of potassium. Give it in doses of three grains, three times a day.

The same treatment is equally applicable to *gout*.

For chronic rheumatism, give one eighth of a grain of podophyllin three times a day; and the iodide of potassium as above; and apply externally the following liniment:

R.—Capsicum, 4 ounces.

Alcohol and water, each 1 pint; mix for a liniment and apply to the extremities, and spine, and over the seat of the pain. In rheumatic and neuralgic pains, in all cold or negative conditions of the system, apply it thoroughly, till it burns—in the words of Milton—"like all hell broke loose," and the result will be magical.

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